

An interdisciplinary approach for prevention

In the wake of World Heart Day, the 1st National Conference on Cardiopulmonary Rehabilitation was held at the Tamilnadu Dr. MGR Medical University on 23 & 24 September 2017. Cardiac Wellness Institute and the MGR Medical University jointly conducted the conference.

The aim was to make healthcare professionals aware about the latest scientific developments in the prevention and rehabilitation of heart and lung disorders. The need for teamwork amongst the different disciplines in providing comprehensive services to the patients was the key message of the Conference.

The fact that regular exercise, a balanced healthy diet, mental wellbeing and avoiding tobacco and alcohol are the key lifestyle factors in the prevention of premature death was stressed by Prof. Dr. V. Chockalingam, Emeritus Professor of Cardiology and the Scientific Chairman of the Conference. “The need for widespread implementation of personalized cardiac and pulmonary rehabilitation programs for individuals with heart and lung diseases is the need of the hour to reduce complications and improve quality of life” said Prof. Dr. S. Shanmugasundaram, a leading Cardiologist in Chennai. Mrs. Saras Bhaskar, counseling psychologist and founding member of Chennai Counselor’s Foundation, outlined the importance of addressing the psychosocial issues like stress, anxiety and depression while treating patients with heart problems.

The participants hailed from various fields including Cardiology, Cardiothoracic Surgery, Pulmonology, Physiotherapy, Nutrition & Dietetics, Psychology and Nursing. The Poster session, Quiz competition and workshops were designed to involve the younger professionals in a more fruitful manner.

Dr. Priya Chockalingam, the Organizing Secretary of the Conference and the Clinical Director of Cardiac Wellness Institute, was happy to see the enthusiasm and the thirst for knowledge. She highlighted in her talk that educating and counseling patients and their family members about the disease will go a long way in helping them make appropriate lifestyle changes. Dr. Priya also elaborated on the scientific evidence that shows that cardiopulmonary rehab programs are very beneficial in Indians.

We would like to extend a big thanks to all the Faculty and Delegates for making the conference a big success! Our special appreciation goes to The Hindu for carrying a news report about the event (see inset above).

THE HINDU

TAMIL NADU
in brief



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MGR medical university holds cardiology meet

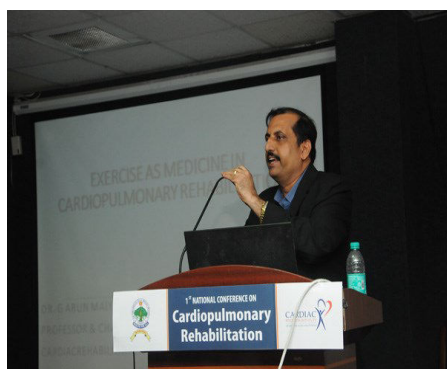
The first national conference on Cardiopulmonary Rehabilitation was held at the Tamil Nadu Dr. MGR Medical University over the weekend, a press release said. The conference was jointly conducted by the Cardiac Wellness Institute and the University. It was aimed at making healthcare professionals aware about the latest scientific developments in the field of heart and lung disorders. Regular exercise, a balanced diet, mental well-being and avoiding tobacco and alcohol are the key lifestyle factors in the prevention of premature death said V. Chockalingam, Emeritus Professor of Cardiology and scientific chairman of the conference.

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Healthy Aging Program

With advances in healthcare enabling more and more individuals to live well beyond their 70s and 80s, it is imperative to gain the knowledge and skills needed to live life to the fullest till our last breath. Aging gracefully, healthfully and thoughtfully is an art that can be mastered without much fuss. A recent medical diagnosis, a few pills to take everyday, a change in memory levels and mobility are some of the common challenges seniors face. But should we let such things interfere with our thirst for health?

Cardiac Wellness Institute is launching a program for senior citizens (men and women 60 years of age and older) to enlighten and equip them with skills for living healthy. The Healthy Aging program will commence with a free introductory session on Friday, 15th December 2017, and will continue as weekly sessions of one hour each thereafter. The components included in the program are Doctor Consultation, Exercise Sessions, Nutrition Advice, Group Education and Counseling.

Upcoming event in our Institute



Venue: Cardiac Wellness Institute

Date: Friday, 15 December 2017

Time: 10.30 am to 12.30 pm

Registration is mandatory and free of cost.

Please call +9144 43192828 / +91 9940408828 or email info@cardiacwellnessinstitute.com for registration.



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It's never too late to start

As we age, we face many physical and emotional changes that can affect our limitations of daily activities and well-being. The natural process of aging affects balance and walking independently. Aging leads to reduction in bone density, muscle strength and coordination that can cause frequent falls. Exercise has many effects in maintaining and improving the general health, functional ability and independence of elderly individuals. Many studies have proven that exercise improves their balance and strength, builds their confidence, and helps them remain active. Therapeutic exercise programs specifically designed for elders should be given under medical supervision. The regular exercise regimen will improve their quality of life and functional independence.

Benefits of exercise

- Improves Balance
- Improves bone density
- Reduce risk of chronic disease
- Maintain healthy weight
- Improves confidence and independence

The three components of exercise

Aerobic training
Strength training
Flexibility and balance training

AEROBIC TRAINING

Aerobic exercise means any exercise done by using large muscle group in rhythmic manner continuously for at least 10 minutes of time. It strengthens heart and lungs. Also improves cardiovascular system to deliver oxygen more efficiently throughout the body.

Examples of aerobic exercise

- Walking
- Cycling
- Swimming

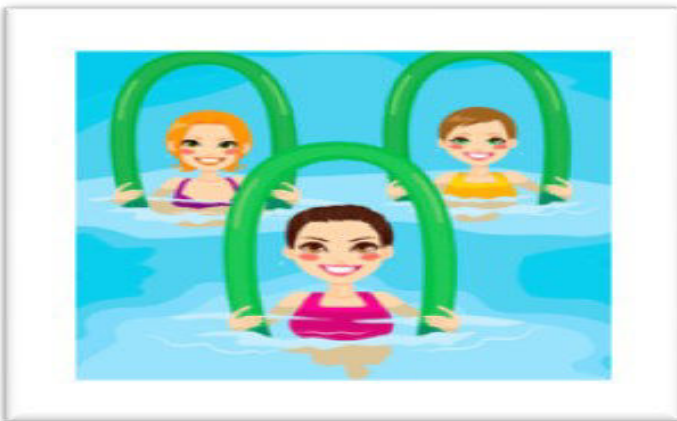
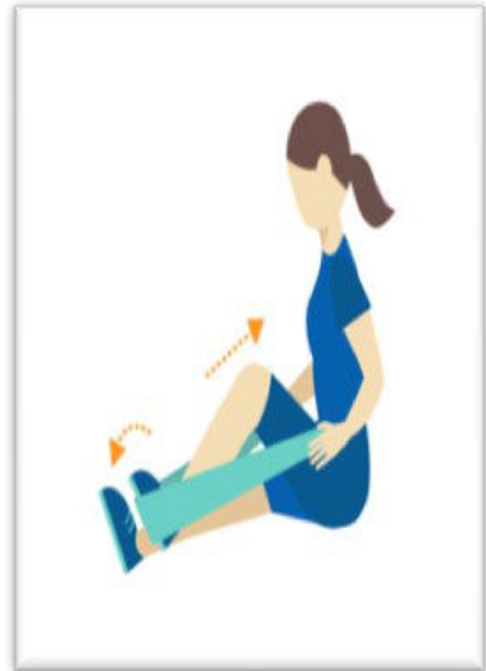


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STRENGTH TRAINING

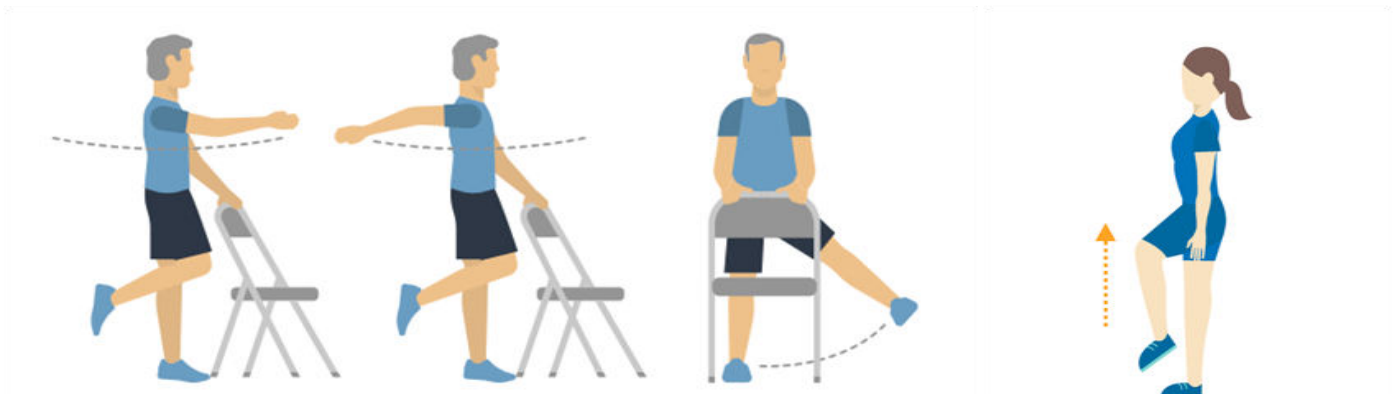
It is also known as resistance training. Any form of exercise done with some resistance like weights or bands is known as resistance exercise. In elderly, strength training exercise helps in prevention and loss of muscle mass and muscle tone and improves muscle strength.

These exercise can be done with free weights, resistance band and weight machines.



BALANCE TRAINING

Balance is essential for movement and also for our daily activities. Balance training focuses on practicing and improving the body's ability to perform coordinated movements (of arms and legs) while maintaining a balanced posture. It involves exercises that strengthen the muscles that keep us upright, including our legs and core. The benefits of good balance are prevention of fall & increased stability as we age.



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FLEXIBILITY TRAINING



It is also known as stretching exercise and is done for individual muscles.

STRETCH -----HOLD -----RELEASE

It improves blood flow and flexibility to the muscles to perform daily activities without limitation in elders.



Geriatric (elders) fitness program includes weekly 1 session of supervised exercise focusing on strength, balance, aerobic and flexibility training and also education about vital signs, importance of exercise and tips for safe exercise. In our institution we are launching an exclusive heart-healthy fitness program for senior citizens (see page 3 for details).

These are the main types of exercise to be followed under medical supervision. The exercise session will be prescribed by FITT principal.

Frequency – 3 to 5 days / week

Intensity – Moderate

Time – 30 to 40 min / session

Type – aerobic, strength, balance & flexibility exercises

Omega-3 fatty acids for a healthy heart

Although it may seem intuitive that all dietary fats are bad for health, only saturated fats should be avoided while unsaturated fats such as monounsaturated fatty acids (MUFAs) and polyunsaturated fatty acids (PUFAs) should be included in our daily diet. Omega-3 and omega-6 fatty acids are PUFAs that are important for a number of body functions.

The three main omega-3 fatty acids are α -linolenic acid (ALA, found in plant oils), eicosapentaenoic acid and docosahexaenoic acid (EPA & DHA commonly found in marine oils). These have heart disease preventing properties and particularly help to slow the progress of disease in those who have been diagnosed with coronary artery disease. Linoleic acid (LA) and arachidonic acid (AA) are the two major omega-6s. Earlier, there was an emphasis on consuming omega-3 and omega-6 fatty acids in the right proportion; however, several clinical studies in the recent past suggest that we need to only focus on consuming sufficient omega-3 fatty acids every day and need not worry about the ratio with omega-6.

Potential benefits of omega-3 fatty acids

- Lowers the risk of blood clot formation, regularizes blood flow and averts heart attack.
- Reduce the risk of an irregular heartbeat, which can lead to sudden unexpected death.
- Improves the health of blood vessels.
- Keeps your cholesterol and triglyceride levels at desired levels.
- Increases HDL (i.e., good cholesterol)
- Lowers blood pressure
- Protects against heart failure
- Boosts immunity

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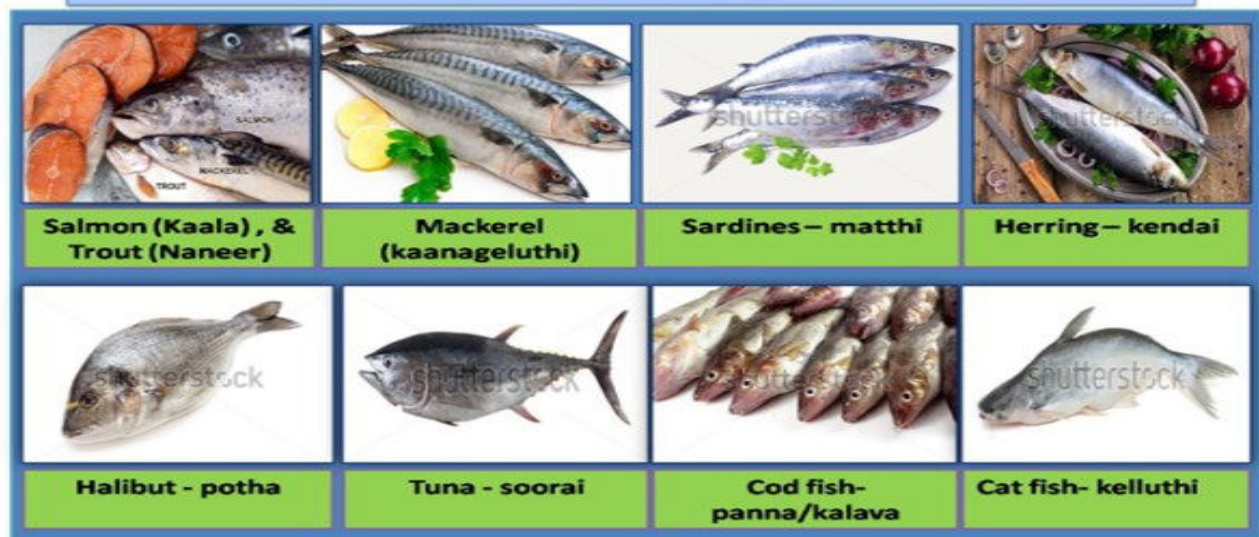
Dietary Sources of omega-3 fatty acids

ALA is an essential fatty acid, that is, it cannot be produced in the human body. Therefore adequate dietary ALA should be consumed; EPA and DHA can be made from ALA in our bodies. Omega-3 fatty acids are found in plant-based foods such as olive oil, canola oil, soybean oil, walnuts and walnut oil, chia seeds, flaxseeds, flaxseed oil, green leafy vegetables and in oily fish such as tuna, sardines, salmon, mackerel, herring, trout, halibut and cod. Omega-6 fatty acids are present in sunflower, safflower, soy, sesame, and corn oils.

Plant based food sources



Sea food sources



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Recommended Intake

A recommended daily allowance has not been established for omega-3 fatty acids but an adequate intake level is around 1-1.5 grams of ALA per day in healthy individuals. Cardiological Society of India recommends 2-4 g/day of omega-3 fatty acids for individuals with cholesterol problems and for improving the health status after a heart attack. However, taking supplements in the form of capsules is not recommended due to the lack of benefits in comparison to natural sources.

Causes of omega-3 deficiency

- **Inadequate intake:** Omega-3 fatty acid levels are often quite low in vegetarians and vegans due to lack of intake of seafood.
- **Lifestyle factors:** Smoking, alcohol consumption and chronic psychological stress can disrupt the natural ability of the body to make omega-3 fatty acids.
- **Dietary factors:** Too much saturated fat, caffeine and omega-6 fatty acids in the diet can prevent absorption of omega-3 in the gut.
- **Genetic:** Some individuals may lack the ability to produce omega-3 fatty acids due to inherited conditions.
- **Illness:** During a period of illness, our body often has an increased requirement for long-chain fatty acids such as omega-3 fatty acids creating a relative deficiency.

Signs of omega-3 deficiency

- Rough or dry skin and skin allergies
- Dry, dull, brittle hair or dandruff
- Brittle nails
- Attention problems
- Emotional sensitivity



Take note

- High doses of omega-3 could increase the risk of bleeding when combined with blood thinners.
- Children and pregnant/nursing women may be at higher risk of exposure to excessive mercury from fish. Avoiding major contaminated fish is a high priority for these groups. The widely used dietary sources of omega-3 fatty acids such as salmon, sardines, trout and herring are quite low in mercury.
- Eating a variety of fish will help minimize any potentially adverse effects due to environmental pollutants.

Flax seed raita recipe

Flax seeds (aalividhai) are rich in omega-3 fatty acids and are best eaten in the powdered form. This quick recipe combining powdered flax seeds and curd is a delicious side dish for chapathi, naan, pulao and biryani.

Ingredients:

- 2 tablespoon flax seeds
- 1 teaspoon cumin seeds
- 2 cup grated bottle gourd (sorakkai)
- 2 cup fresh low-fat curd
- ½ cup water
- ½ cup finely chopped mint leaves
- salt as required
- 1/2 teaspoon sugar (or honey) - optional
- few coriander leaves for garnishing



Step 1

Roast the flax seeds and cumin seeds on medium heat in a pan, cool and then grind to a powder; keep aside

Step 2

In a pan on medium heat, add grated bottle gourd and ½ cup water. Stir to cook for 6-7 minutes till water evaporates. Let it cool.

Step 3

Take a big bowl and beat the curd till it is smooth. Add the powdered seeds, mint leaves, salt and sugar/honey and mix well.

Step 4

Add the cooked bottle gourd and stir gently. Garnish with coriander and serve with chapathi/pulao/biryani.

Tip: You may substitute the bottle gourd with cucumber if you wish.

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